

July

2026

The Golden Flyer

Monthly Newsletter of The Station Break Senior Citizens Center of Knox County Ohio

KNOX COUNTY
FAIRGROUNDS

SENIOR DAY AT THE FAIR

THURSDAY, JULY 30, 2026
10:30AM TO 1:00PM

**FOOD - LIVE MUSIC - BINGO-
DOOR PRIZES**

**THURSDAY IS FREE SENIOR CITIZENS
DAY AT THE FAIR**

**LOCATION FOR THE EVENT HAS CHANGED.
SEE MAP ON PAGE 5.**



JULY Menu Calendar

Lunch is Served every day Monday through Friday
Call The Station Break at 740-397-3841 by 2:00pm day before to make a reservation+

Menus are subject to change --- Call to request ingredient Information
***Milk is included with every meal ***WW= Whole Wheat ***LS= Low Sodium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mac & Cheese Cauliflower Peas Grape Juice Graham Crackers	2 Hamburger Roasted Potatoes Scandinavian Blend Mandarin Oranges ww Bun	3 
6 Fish Sandwich Lima Beans Cauliflower Strawberries ww Bun	7 Baked Steak Mixed Veggies Broccoli Pineapple Juice ww Crackers	8 Rosemary Pork Brussels Sprouts Hot Beets Tropical Fruit Graham Crackers	9 Is Turkey Breast Whipped Potatoes Green Beans Cranberry Juice Yeast Roll	10 Spanish Rice w/ Meat Pinto Beans Chuckwagon Blend Kiwi Breadstick
13 Cube Steak Zucchini Squash Peas Orange Juice Yeast Roll	14 Chicken Tenders Roasted Potatoes California Blend Pears ww Biscuit	15 Cabbage Roll Corn Brussels Sprouts Pineapple Juice ww Sliced Bread	16 Chili Mixed Vegetables Hot Apples Tossed Salad Corn Muffin	17 Roast Beef Whipped Potatoes Green Beans Banana ww Roll
20 Sloppy Joes Corn Peas Mandarin Oranges ww Bun	21 Beef Lasagna Cauliflower Lima Beans Pineapple Chunks Breadstick	22 Pepper Steak Carrots Green Beans Orange Juice Bran Muffin	23 Sausage Gravy Spinach Hot Applesauce Tossed Salad ww Biscuit	24 Lemon Pepper Fish Yellow Squash Broccoli Grape Juice ww Roll
27 Baked Steak Stewed Tomatoes Spinach Cranberry Juice ww Crackers	28 Tuna Noodle Cass. Corn Green Beans Whole Orange Bran Muffin	29 Italian Chicken Whipped Potatoes Mixed Vegetables Pears Graham Crackers	30 Pork Roast Broccoli Carrots Apricots ww Roll	31 Is Turkey Sandwich Potato Salad Strawberries Pineapple Juice ww Bun

JULY Activity Calendar

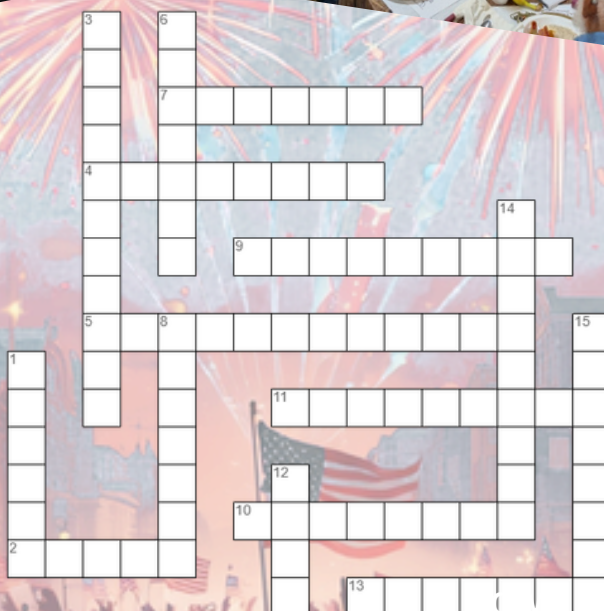
Let us know if it is your birthday month! If you have a birthday in May and wish to be recognized on Birthday Friday, please call to reserve your lunch reservation . Birthday party sponsors: The Laurels (desserts); The Station Break (flowers and baked goods).

The Station Break is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cardio Drumming 12:30-1:15 	2 Picnic @ Ariel Foundation Park @ 10am 	3 Closed  America's 250th Birthday! 
6 Euchre 9:00 	7 Chair Exercises 12:30 VIDEO Shopping	8 Cardio Drumming 12:30-1:15 	9 Euchre 9:00	10 Bingo w/ CenterWell 12:45-2:00 
13 Euchre 9:00	14 Chair Exercises 12:30 VIDEO  Shopping	15 Cardio Drumming 12:30-1:15 	16 Euchre 9:00	17 Bingo w/ Centerburg Pointe 12:45-2:00
20 Euchre 9:00 	21 Food Fun 10:00 Chair Exercises 12:30 Shopping 	22 Cardio Drumming 12:30-1:15	23 Euchre 9:00 	24 Bingo w/ Luminary Hospice 12:45-2:00 
27 Euchre 9:00	28 Chair Exercises 12:30 Shopping	29 Cardio Drumming 12:30-1:15	30 Euchre 9:00 Movie Day 12:45 	31 Bingo w/ Country Club 12:45-2:00 



Thank you to our Father's Day Celebration Sponsor:

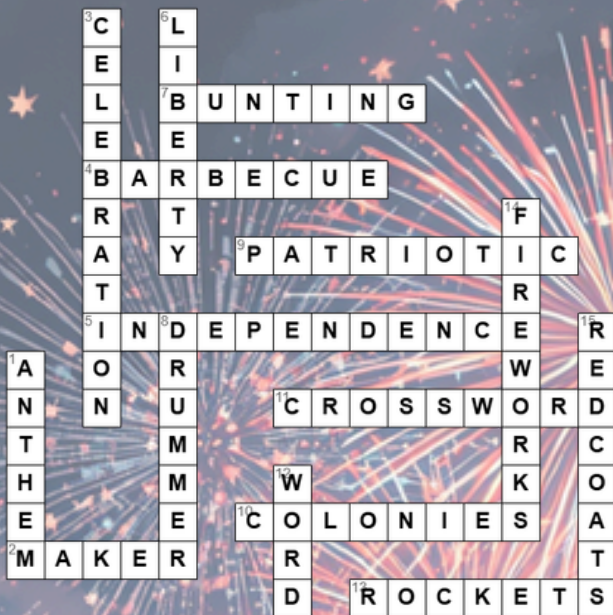


ACROSS

2. Creator
4. Common July 4th meal
5. Freedom celebrated on July 4th
7. Decorative red, white, and blue fabric
9. Showing love for country on July 4th
10. Original thirteen areas
11. Word puzzle
13. Explosive fireworks

1. National song of the USA
3. July 4th event
6. Freedom, as in Lady Liberty
8. Revolutionary War instrument player
12. Unit of language
14. July 4th sky display
15. British soldiers during Revolution

This and That



STATISTICS for May 2026

On-Site Meals	2,002
Home Delivered	21,730
Transportation	1,429
Senior Comm. Support	142
Activities	842
A total of 563 senior citizens have been served under these programs.	

The Station Break Senior Citizens Center
Serving Knox County Senior Citizens since 1972

The Station Break
160 Howard Street
Mt. Vernon, OH 43050
740-397-3841
or 740-397-2417
www.StationBreak.org
Follow us on Facebook @
The Station Break Senior Center of Knox
County

STAFF

Executive Director: Meredith Lowther
Asst. Director: Bryan Dusenberry
Activities Coordinator: Maegan Hale

Area Agency on Aging
1-800-860-5799

National Food Days to Celebrate in July

5/2 Truffles Day
5/5 Chocolate Custard
Day
5/7 Herb Day
5/13 Hummus Day
5/16 Pickle Day
5/19 Devil's Food Cake Day
5/25 Brown-Bag-It Day
5/27 Grape Popsicle Day
5/30 Mint Julep Day



The Station Break
Senior Citizens Center of Knox County